



CAREGIVER BURNOUT

Date: Wednesday, 22nd October

Time: 10am - 11am (GST; Dubai)

This is a 45-min talk, followed by 15 mins for Q&A and discussion.

ABOUT THIS WEBINAR:

Caring for others is a rewarding journey, marked by compassion and dedication.

However, the path also has unique challenges that demand unwavering commitment from caregivers. While devoting themselves to the wellbeing of others in need, a lesser-known but equally significant concern often emerges: caregiver burnout. There are multifaceted factors that

ATTENDEES WILL WALK AWAY WITH:

- Learning what informal caregivers do.
- Understanding of what caregiver stress and burnout looks like, and what the impact can be.
- Preventative strategies and helpful coping mechanisms for caregiver stress and burnout.

FACILITATED BY:



Dr. Ottilia Brown, PhD (South Africa)
CLINICAL PSYCHOLOGIST

REGISTER: lighthousearabia.com/events

Instructions for how to join this webinar will be shared separately in advance.

